Alternative 1: Subway from Central Oslo
Use the Subway Line 2 (Ellingsrudåsen) or Line 3 (Mortensrud) to the Hellerud Subway Station. Approximate 10 minutes walking distance (see blue line).

Alternative 2: Train from Oslo Central Station
Use the local Lillestrøm Train to Bryn Station (first stop). Approximate 10 -15 minutes walking distance (see blue line).
Recommendations:

1: Tickets inside Oslo

For a 5-days course we will recommend to buy a reusable travelcard which is valid for all public transport inside Oslo (except taxi). The travelcard is sold at Trafikanten (situated in front of the Central Station), in addition to most Narvesen kiosks. You may top up the travelcard when you buy it, or in ticket machines and kiosks. A single ticket is valid for 60 minutes upon activation. Remember to activate the ticket before use. Ask for detailed information at the hotel or at Trafikanten.

Alternative download the RuterBillett app to your mobile phone and buy a ticket anywhere and at any time. This is the easiest way to buy a ticket.

2: Travel from Oslo Airport Gardermoen

From the Gardermoen airport it is faster and more reasonable to use the Airport Express Train rather than a taxi.

It is even more reasonable to travel with Flybussen (www.flybussen.no), discount for buying return ticket as well. Nearest bus-stop is Ulven and from there a 12 minutes walk in Teisenvæien to ABB University in Ole Deviks road.

3: Hotel links

We normally recommend the Radisson SAS Plaza Hotel, Thon Hotel Opera or Clarion Hotel Royal Christiania. These hotels are located central downtown Oslo and near the Oslo Central Station. The recommended hotels have close connection to the subway - which is the cheapest and fastest way to travel to our training center. The Rica Helsfyr Hotel is the hotel located nearest to our training center.

4: Oslo information

The following link will give some information regarding Oslo – visit OSLO